

# Adult / Private Swim Lessons

## Adult Lessons



**Beginner:** Water adjustment skills, front/back floats, glides, rhythmic breathing, emphasis on crawl stroke and beginning backstroke.

**Intermediate/Advanced:** Refine freestyle, backstroke, breaststroke, butterfly, turns and lap swim/race tips.

### **Class Fees:**

Members: \$23.00

Non Members: \$28.00

3 / 40 minute lessons

Session	Dates	Registration	Days	Times
Spring 1	Mar 28 - April 11	March 1	Saturdays	Beginner: 9:15-9:55 am Inter./Adv.: 10:00-10:40 am
Spring 2	Apr. 18 - May 2	April 1	Saturdays	Beginner: 9:15-9:55 am Inter./Adv.: 10:00-10:40 am

## Private Lessons



The Fitness Center does not schedule private lessons. If you are interested in private lessons, you must make arrangements with the individual instructor or contact (801) 955-4015

Private Lesson : (one person)

\$15/30 minutes

Semi-private Lesson: (up to 3 people)

\$20/30 minutes



**Family Fitness Center**  
5415 West 3100 South | 801-955-4000  
[www.wvcfitness.com](http://www.wvcfitness.com)



# Parent / Tot

## Parent/Infant Classes

### Class Fees:

Members: \$15.00  
Non-Members: \$20.00  
3 x30 minute classes



<i>Session</i>	<i>Dates</i>	<i>Day</i>	<i>Time</i>
Spring 1	Mar 24 - Apr 7	Tues	11:40 am To 12:10 pm
Spring 1	Mar 28 - Apr 11	Sat.	10:45 am to 11:15 am
Spring 2	Apr 14 - Apr 28	Tues	11:40 am To 12:10 pm
Spring 2	Apr 18 - May 2	Sat.	10:45 am to 11:15 am

**Ages 6 months - 3 years with one or both parents in the water.**

### Class objective:

Introduction to swimming skills and fun through direct parental interaction.

For any Questions  
Regarding Swimming Lessons  
or other Aquatic Classes

Please Contact:

Clint Burnham (801)955-4015  
Clint.Burnham@wvc-ut.gov



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